



Health and Fitness - Course Syllabus

Description:

Health and Fitness emphasizes the importance of knowledge, attitudes, and practices relating to personal health and fitness. It is a course designed to expose students to a broad range of issues and information relating to the various aspects of personal health, which include the physical, social, emotional, intellectual, and environmental aspects.

Textbook: Health and Fitness - Excel Education Systems, Inc.

Course objectives:

Throughout the course, you will meet the following goals:

Demonstrate knowledge base for various aspects of personal health.

Research various personal health related topics.

Analyze, integrate and translate personal health information.

Apply critical thinking in differentiating between health facts and myths.

Apply knowledge gained and values clarified into personal health plan for the future.

Contents:

Semester A

1: Course Resources - Introduction

2: Healthy Decision Making

3: Emotions, Self-Esteem, and Personality

4: Managing Stress

5: Mental Disorders and Suicide

6: Family Relationships

7: Developing Positive Peer Relationships

8: Preventing Violence

9: Food and Nutrition

10: Making Healthy Food Choices

11: Digestion and Excretion

12: Movement and Coordination

13: Cardiovascular and Respiratory Health

14: Exercising and Fitness for Life

Semester B

15: Personal Care

16: Alcohol

17: Tobacco

18: Preventing Drug Abuse

19: Reproduction and Heredity

20: From Pregnancy to Baby to Child

21: Adolescence and Adulthood

22: The Study of Infectious Disease

23: Sexually Transmitted Infections and AIDS

24: Chronic Diseases and Disabilities

25: Safeguarding the Public

26: A Healthy Community and Environment

27: Preventing Injuries

Grading Scale

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = under 59%

Grade Weighting

Quizzes..... 35%

Written Assignments..... 35%

Final Exam..... 30%

100%

